

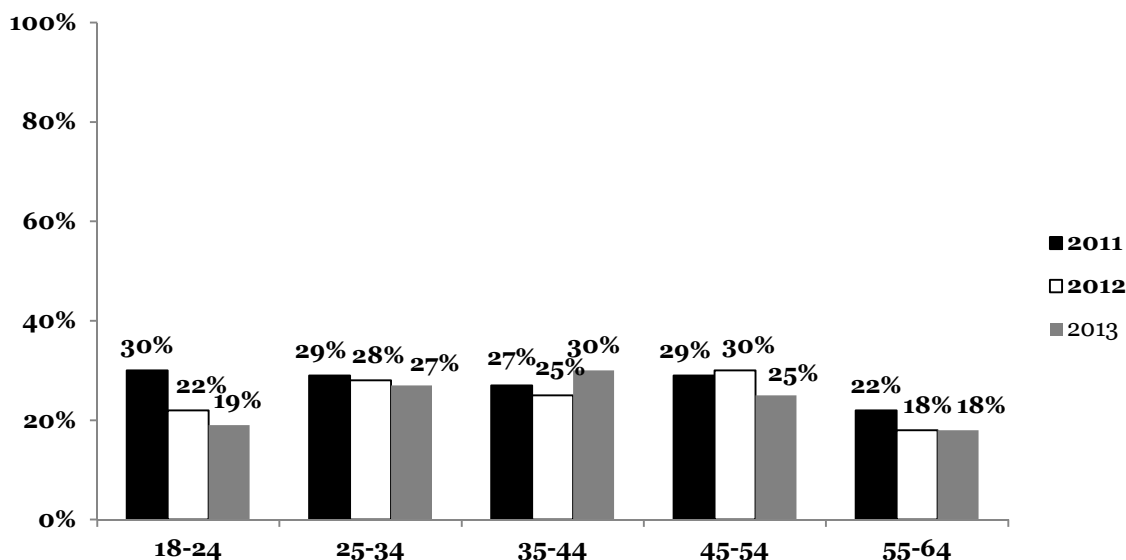
# Smoking and Indiana Women

Tobacco use is the single most preventable cause of death and disease in the United States. Smoking alone is responsible for 11,100 premature deaths in Indiana annually and close to half of these deaths are among women. Ninety percent of all lung cancer deaths in women are attributable to smoking. Women are now as likely as men to die from many diseases caused by smoking. The relative risk for dying from coronary heart disease among women 35 years of age and older is now higher than for men. Because the risks for women have increased significantly in the last decades, women who smoke now have about the same high risk of death from lung cancer as men

## Smoking Rates among Women in Indiana and the U.S.

- Four percent (3.9%) of middle school girls and 13 percent of high school girls reported being current smokers (2012 Indiana Youth Tobacco Survey).
- Over fifteen percent (ISDH, 2013 Indiana Natality Report) of pregnant women in Indiana smoke, considerably higher than the national average of 9 percent (CDC, National Center for Health Statistics), making Indiana one of the highest among all U.S. states.
- Indiana women ages 35-44 have the highest proportion of smokers among women of all other age groups at 29.6% (2013 Indiana Behavioral Risk Factor Surveillance System).
- In general, as with all population groups, smoking rates tend to decline as education levels increase. Thirty-four percent (34.4%) of women with less than a high school education are current smokers (2013 BRFSS).

**Indiana Female Smoking Rates by Age Group,  
2011-2013 BRFSS**



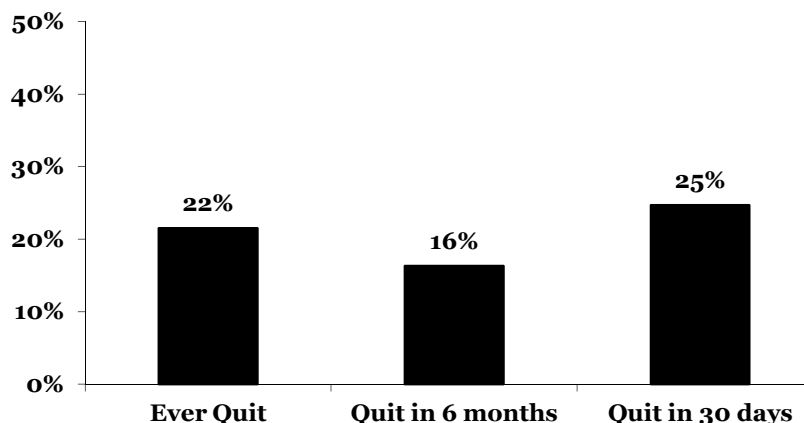
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### **Intentions to Quit Smoking**

Intentions to quit smoking among women in Indiana are similar to the proportion of all smokers in the state. The percent of women smokers in Indiana expecting to quit in the next 6 months, and sometime after 6 months, are higher than the percentage of male smokers intending to quit.

**Quit Intentions among Adult Female Smokers,  
2013 Indiana Adult Tobacco Survey**



### **Smoking During Pregnancy**

Cigarette smoking among women increases the risk for infertility, preterm delivery, stillbirth, low birth weight babies, and sudden infant death syndrome (SIDS).

- Twenty to thirty percent (20-30%) of the cases of low birth weight babies can be attributable to smoking.
- Women who smoke during pregnancy have more than twice the risk of delivering a low birth weight baby.
- Babies with mothers who smoked during pregnancy have twice the risk of SIDS than infants of nonsmoking mothers.
- Women who smoke have a higher incidence of ectopic pregnancy.
- Pregnant smokers also have a 30-50% higher risk for miscarriage than nonsmokers.

The rate of Indiana mothers who reported smoking during pregnancy (15.7%) is considerably higher than the national average (9.1%). Even more alarming are rates in Indiana counties that exceed state and national averages. County rates range from 3.0% to 32.5%. See the ***Pregnant Women and Smoking*** fact sheet for county specific rates.

Prenatal exposure to secondhand smoke is also harmful to children and affects mental development. Children of mother who were exposed to secondhand smoke during pregnancy have lower scores on test for cognitive development at age two compared to children living in smoke free homes.

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